

Child's Name: \_\_\_\_\_ Room# \_\_\_\_\_ Check Desired Days (\$4). Note price increase to \$5 starting August 26



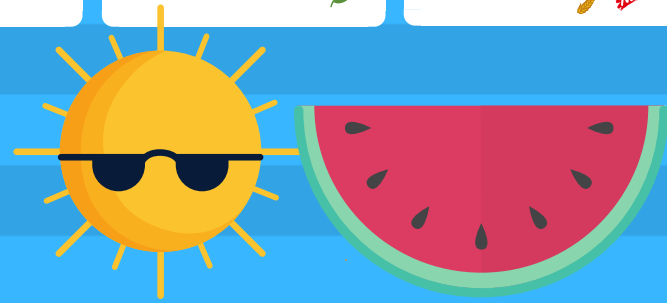
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <input type="checkbox"/> <b>Outdoor Picnic</b> Turkey Deli & Cheese Roll-Ups on Wheat Tortilla Veggie Chips Celery Sticks with Ranch Peaches	<b>4</b> <input type="checkbox"/> Baked Chicken Nuggets Baked Potato Wedges Carrot Sticks Blueberries	<b>5</b> <input type="checkbox"/> Quesa-Pizzadillas on Flour Tortilla Spinach and Cherry Tomato with Ranch Banana <b>NEW</b>	<b>6</b> <input type="checkbox"/> Cilantro Lime Chicken with Brown Rice Refried Beans Honeydew Chunks <b>NEW</b>	<b>7</b> <input type="checkbox"/> <b>Pizza Party! Rooms 7, 10 &amp; 11</b> Vegetable Pizza on French Bread Ceasar Salad Green Grapes
<b>10</b> <input type="checkbox"/> <b>Outdoor Picnic</b> Chicken Salad Sandwich on Hawaiian Roll Baby Carrots with Hummus Green Apple	<b>11</b> <input type="checkbox"/> Enchilada Verde Fresco Jasmine Spanish Rice Mango Chunks <b>NEW</b>	<b>12</b> <input type="checkbox"/> Tilapia Breaded Fish Sticks Baked Sweet Potato Fries Strawberries <b>NEW</b>	<b>13</b> <input type="checkbox"/> Spaghetti with Tomato Sauce Sautéed Zucchini Necatines	<b>14</b> <input type="checkbox"/> <b>Pizza Party! Rooms 3 &amp; 4</b> Flatbread Mushroom Pizza Tossed Salad with Italian Dressing Oranges
<b>17</b> <input type="checkbox"/> <b>Outdoor Picnic</b> Turkey Burger on Wheat Hamburger Bun with Lettuce, Tomato and Pickles SunChips Peaches	<b>18</b> <input type="checkbox"/> Baked Taquitos with Sour Cream and Guacamole Roasted Corn Blueberries	<b>19</b> <input type="checkbox"/> Grilled Cheese Roll-Ups with Marinara Sauce Fresh Broccoli with Ranch Watermelon Chunks <b>NEW</b>	<b>20</b> <input type="checkbox"/> <b>School Closed</b>	<b>21</b> <input type="checkbox"/> <b>School Closed</b>
<b>24</b> <input type="checkbox"/> <b>School Closed</b>	<b>25</b> <input type="checkbox"/> <b>School Closed</b>	<b>26</b> <input type="checkbox"/> Baked Chicken Strips Cold Pasta Salad Strawberries	<b>27</b> <input type="checkbox"/> Homemade Mac and Cheese Sautéed Zucchini Oranges	<b>28</b> <input type="checkbox"/> Razzle Dazzle with Chicken and Brown Rice Roasted Broccoli Peaches <b>NEW</b>
<b>31</b> <input type="checkbox"/> SunButter and Jelly Roll-Ups on Wheat Bread Zucchini Sticks with Ranch Pears	Organic milk served with all meals			

### KEY

- Meatless
- Whole Grain Rich
- New Item!

## Kids Eat Right Month!

To highlight the role everyone plays in ensuring a healthy future for our nation's children, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™ each August. Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists to help families shop smart, cook healthy and eat right.



Child's Name: \_\_\_\_\_ Room# \_\_\_\_\_ Check Desired Days (\$5)

Monday

Tuesday

Wednesday

Thursday

Friday

# TurtleRock

September 2020  
Lunch Menu



**1**

Eagle Pizza  
Jicama Sticks  
Blackberries

**NEW**

**2**

Turkey Sandwich on  
Wheat Bread  
Carrot Sticks with Ranch  
Banana

**NEW**

**3**

Cheese Ravioli  
Roasted Cauliflower  
Honeydew Chunks

**NEW**

**4**

Homemade Mac  
& Cheese  
Chopped Lettuce  
with Tomatoes  
Sliced Apples

**NEW**

**7**

**School  
Closed**

**8**

Cheese Quesadilla on  
Spinach Tortilla  
Steamed Corn  
Sliced Plums

**NEW**

**9**

Teriyaki Chicken  
Rice Bowl  
Mixed Vegetables  
Strawberries

**NEW**

**10**

**Pizza Party! Rooms 5, 8, & 9**

Cheesy Pazzo Bread  
with Dipping Sauce  
Broccoli Florets  
with Ranch  
Cantaloupe

**NEW**

**11**

Chicken Spinach  
Alfredo Bake  
Steamed Broccoli  
Sliced Apples

**NEW**

**14**

Turkey Patty Melt on  
Sourdough Bread  
with Lettuce, Tomato,  
and Pickles  
Veggie Chips  
Peaches

**NEW**

**15**

Baked Chicken Tenders  
Baked Potato Wedges  
Strawberries

**NEW**

**16**

Rotini Pasta Salad  
Baby Carrots  
Watermelon Chunks

**NEW**

**17**

**Pizza Party! Rooms 7, 10, & 11**

Pizza Bagel  
Spring Mixed Salad with  
Greek Dressing  
Mango Slices

**NEW**

**18**

Fiesta Rice &  
Bean Bowl  
with Corn Tortilla Chips  
and Homemade Salsa  
Tangerines

**NEW**

**KEY**

Meatless

Whole Grain Rich

New Item!

**21**

Baked Fish with  
Tartar Sauce  
Spinach Salad with  
Italian Dressing  
Plums

**NEW**

**22**

Chicken Parmesan  
Caesar Wrap  
Celery Sticks with  
Homemade Hummus  
Mango Chunks

**NEW**

**23**

Nachos with  
Diced Chicken  
with Guacamole and  
Homemade Salsa  
Strawberries

**NEW**

**24**

**Pizza Party! 3, 4 & 6**

Cheese Pizza  
Chopped Romaine  
Lettuce & Tomatoes with  
Italian Dressing  
Cantaloupe

**NEW**

**25**

Turkey, Tomato &  
Cheese Panini  
SunChips  
Pears

**NEW**

**28**

Mini Porcupine Sliders  
Baked Sweet  
Potato Fries  
Pears

**NEW**

**29**

SunButter & Jelly  
Roll Ups  
Pop Chips  
Celery Sticks  
with Ranch  
Peaches

**NEW**

**30**

Bean & Cheese Burrito  
on Flour Tortilla  
Tex Mex Corn  
Banana

**NEW**

Organic milk served  
with all meals

**Nutrition Tip**

With September being  
Whole Grains month, try  
increasing your whole grain  
intake by snacking on  
ready-to-eat whole grain  
cereals, whole grain  
crackers or popcorn.